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THE MOON IS A PILLAGER'S PARADISE, REPLETE WITH WATER, RARE METALS AND HELIUM-3, BUT POLICY AND LEGAL ISSUES MIGHT BE EVEN TRICKIER THAN THE LOGISTICS OF EXTRACTION **PAGE 11**

**Something fishy's going on**

Can't tell your cod liver oil from your krill? Metro helps break down the basics of fish oil supplements **PAGE 16**

Playing the blame game

Why has this Sens season stunk so badly? Our columnist provides a few theories **PAGE 20**

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**A SPLIT DECISION**

A man and child walk by a riot cop on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea voted overwhelmingly yesterday to secede from their country and join Russia, sparking sanctions from the West. For more on the situation in Ukraine, see pages 8 & 9. DAN KITWOOD/GETTY IMAGES

Your money for body parts?

Biology. Carleton U starts crowdfunding campaign for plastinated human organs



**LUCY
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lucy.scholey@metronews.ca

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gans preserved with polymers just after dissection. He says it's the next best thing to cadaver dissection and would make Carleton "one of a very select group across North America."

"It's fairly unusual and unique for undergrads to actually have an opportunity to react with these different types of models," he said, adding that it's usually reserved for medical and graduate students.

They have yet to decide what body parts they would purchase with the \$25,000 fundraising goal, but it could be along the lines of the spinal cord and brain blood vessels.

McKinnell said the body parts are donated after death.

It's the precise plastination process that costs money. Chelsea Stenden, a fourth-year science student at Carleton who's working on the campaign, said these plastinated learning aids could benefit her fellow aspiring nurses and doctors.

At present, undergraduate students use plastic and plaster models of body parts to study human anatomy. The school does not have facilities to house human cadavers for dissection.

McKinnell wants to bring in plastinated body parts — or

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Accused in diplomat stabbing released

Kevin Martin. Defence lawyer questions future of case now that alleged victim has left country



JOE
LOFARO

joe.lofaro@metronews.ca

Connie Martin jumped out of her chair at the Ottawa courthouse Monday when she saw her son Kevin for the first time since he was jailed and accused of stabbing a Russian diplomat.

A justice of the peace agreed to conditionally release Kevin Martin on a \$10,000 bond. Muffled cries

could be heard near the courthouse entrance as his brother and mother hugged him before walking outside. Connie Martin will act as a surety for her son after posting a \$5,000 bond.

The 32-year-old Department of Defence employee and reservist was arrested and charged with aggravated assault in the early morning hours of Friday in a Sandy Hill apartment building following an apparent altercation. But the circumstances surrounding just what happened may not be public for some time. Martin's lawyer, Michael Davies, asked for a publication ban on evidence presented at the bail hearing.

He told reporters outside

Out of country

Ottawa police said the alleged victim, Andrey Gorobets, has left Canada and the investigation continues. Martin was ordered not to communicate with Gorobets and a handful of other witnesses. He must also reside at his mother's home and must follow a curfew unless he is at work or with his mother.

the courthouse he doesn't want the evidence out in the public domain in case the matter is brought before a jury.

"I think it's important the jury hears the facts dir-

ectly from the witnesses and not through the media and a summary the Crown has presented to the court," said Davies.

Martin is "shocked to be in the situation that he is in," his lawyer said.

Davies added he is not sure what impact, if any, there will be on the case now that Gorobets has left Canada.

"Has he left the country having given a full, cooperative statement, saying 'I'm going to come back when they need me to testify' or has he just been ordered home by his government, never to return?" asked Davies.

The Russian Embassy has not responded to a request to provide comment.

From Montreal

3 charged with extorting \$20K

Three Montreal residents are facing charges following an alleged extortion in Ottawa.

Marty Antoine, 32, Guy Kelly, 50, and Stephanie Hieke, 20, were arrested following what police say was an extortion of \$20,000 from a 48-year-old man in Ottawa. Montreal police arrested the three suspects on March 14. Because the crime allegedly happened in the capital, Ottawa police also investigated. Each of the accused people faces a charge of extortion, conspiracy to commit an indictable offence and theft under \$5,000. LUCY SCHOLEY/METRO

Aboriginal heritage

Sentence delayed in second-degree murder trial

Sentencing for a Toronto man found guilty of second-degree murder last fall in the 2010 shooting death of Barrhaven teen Michael Swan will be delayed until April 9, after it surfaced he had aboriginal ancestry.

Kyle Mullen was to be sentenced Monday, but the defence asked that a Gladue report be filed before the judge decides how much time Mullen spends behind bars. The report can be requested when an accused has aboriginal heritage so the court can consider reasonable alternatives to incarceration. Mullen told his lawyer Monday morning that his mother is of aboriginal descent. Mullen was convicted last October for his role in a 2010 home invasion on Moodie Drive.

JOE LOFARO/METRO



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Court. Brazeau fraud case put over to April 28 as lawyers mull evidence

The fraud case against suspended senator Patrick Brazeau will likely be complicated and centred on where he lived, says his defence lawyer.

Christian Deslauriers appeared in court Monday on Brazeau's behalf, as the case was put over until April 28.

Crown prosecutors disclosed a file of information to Deslauriers, but he said he expected more to follow.

Brazeau and retired Liberal senator Mac Harb are facing charges of fraud and breach of trust in connection with the Senate expenses scandal.

Both are accused of claiming expenses for a secondary residence in Ottawa, even though they lived primarily in the national capital region.

Where Brazeau resided — and the rules governing housing expense claims — could be key to determining his innocence, his lawyer said.

"One of the notions that will have to be explored is the notion of residence," said



Suspended senator Patrick Brazeau applies for membership to the parliamentary press gallery in Ottawa last December.

SEAN KILPATRICK/THE CANADIAN PRESS

Deslauriers.

Harb and Brazeau have maintained they did nothing wrong and the rules regarding primary and secondary residences are unclear.

Brazeau is also facing assault and sexual-assault charges in an unrelated case in a Quebec court.

THE CANADIAN PRESS

Ruling

Drunk-driving case flushed over jail toilet video

An Ottawa woman's drunk-driving charges were stayed after a judge ruled her Charter rights were violated when she was filmed using the toilet in a Toronto OPP holding cell.

Ontario Court Justice Paul Reinhardt found there was "no legitimate basis" for recording Angela Smith, an Ottawa chiropractor, according to his

written decision released Monday.

He ruled Smith's privacy and right to dignity were infringed when she was forced to use the toilet under surveillance in the holding cell of a Toronto OPP detachment.

Reinhardt also found Smith had to ask for toilet paper and was not given feminine hygiene products when she requested them.

Smith was arrested in 2012 after she was pulled over on the westbound 401 from Oshawa. She pleaded not guilty in March 2013.

TORSTAR NEWS SERVICE



Eating, drinking and being merry

ByWard Market.
Ottawans ring in St. Paddy's Day with good cheer and song

TANYA KIRNISHNI
ottawa@metronews.ca

The Irish Village in Ottawa's ByWard Market was alive with music and good cheer Monday as people celebrated St. Patrick's Day. The Heart

and Crown had live bands playing at all of their locations, wrapping up a full weekend of partying.

"I was born in Ireland so we always go out on St. Patrick's Day," said Dublin native Pauline McGuirk Monday afternoon.

Wanting to celebrate St. Patrick's Day properly, McGuirk and her friends arrived at Peter Devine's Pub, next door to the Heart and Crown, at 10 a.m.

Her friend Paula Purcell,

also of Irish descent and hailing from Antigonish, N.S., said, "I took a half day off work to be here and it's the first time I've ever done that. I figure it's worth it."

Musicians and best friends Tyree Lush and Dana Arrowsmith have been playing together for about 15 years, and they were performing at the front of the pub to an enthusiastic audience.

"It's the one day a year where it's actually cool to play the fiddle — today I'm

like a rock star," said Arrowsmith.

"We have a lot of friends with kids and they can't really come out to our bar gigs, so we see them this time of year and it's great."

During the performance, parents took their kids to the dance floor to bounce along with the lively traditional tunes.

"I like that on St. Patrick's Day people are so open — you meet lots of great strangers," said McGuirk.



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Conference. Event brings together immigrant job seekers and employers

The spotlight will shine Tuesday on Ottawa's population of highly skilled immigrant workers and their importance to the city's economy.

The seventh annual Employer Council of Champions Summit, hosted by Hire Immigrants Ottawa (HIO) takes place March 18-19 at the National Arts Centre.

"HIO was created in 2006 in response to a growing need to address the use of immigrant talent," says Henry Akanko, head of HIO. Akanko explains that the focus of the organization is to look at why there are gaps in the workforce between highly trained individuals and employers who need certain highly valued skill sets.

"The summit is to bring together employers and other stakeholder to exchange info about the integration of skilled immigrants into the workforce," says Akanko.

There will be a panel discussion at the summit focusing on the theme of "Leveraging Immigrant Talent to Grow and



Kelly McGahey, senior manager, stakeholder relations, for Hire Immigrants Ottawa

NEIL VALOIS PHOTOGRAPHY/CONTRIBUTED

Diversify Ottawa's Economy." After, a reception will provide the opportunity for 50 skilled immigrants to network with potential employers.

"Our purpose is to recognize promising practices that organizations are implementing to make use of the skills that immigrants are bringing to the workforce," says Akanko. An award ceremony, happening on Wednesday, will celebrate organizations that promote diversity in their workplace.

TANYA KIRNISHNI/FOR METRO

Glebe theatre to put modern twist on The Dumb Waiter

On stage. Surrealist suspense thriller-comedy gets a gender swap

When Harold Pinter wrote The Dumb Waiter in 1957, he tailored its only two roles for male actors.

But Third Wall, a theatre company in the Glebe, is known to add a modern twist to classic plays. So its version of the dark comedy will star two women when it hits the stage on March 21.

It's a twist that's less planned and more to do with a decision to pick two "very talented" actors, explains Jillian Keene, who does media relations for Third Wall.

"The play is not a statement," she said. "It's just that the two characters in this play happen to be women."

So apart from the characters' genders, Keene is stay-



Kristina Watt, left, and Mary Ellis will star in The Dumb Waiter from March 21-30. RICHARD ELLIS/CONTRIBUTED

ing tight-lipped about the nature of the play.

All she will say is the roughly hour-long production centres on two people who are staying underground someplace in Birmingham, England, and they are awaiting orders.

"The characters are fascinating and Pinter's got this

amazing ability to leave a lot of questions hanging in the air," added Mary Ellis, who is co-starring in the production with Kristina Watt, "which makes it additionally challenging because there's a lot of stuff that he doesn't really answer for you and you have to kind of find your way through it."

Third Wall is partnering with 100 Watt Productions and The Acting Company to bring this play to the Avalon Studio from March 21-30.

It starts at 7:30 p.m., with additional 5 p.m. showings on Saturdays.

Tickets start at \$25 and are available at thirdwall.com.
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Alberta. Associate minister resigns, leaving Tory caucus

An associate minister in Alberta Premier Alison Redford's cabinet resigned her post and left the Tory caucus Monday as unrest continued to roil on government benches.

Donna Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible."

"We've had conversations about the premier's leader-



Alberta Premier Alison Redford
THE CANADIAN PRESS

ship for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone."

Kennedy-Glans was the associate minister for electricity and renewable energy. She will sit as an independent.

THE CANADIAN PRESS

Sacrifices. Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

Inside the Defence Department, preparations are underway for a series of war commemorations aimed at making sure Canadians never forget the 12 years that their military personnel spent in the war-ravaged country, where 158 of them died.

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N.Y.C. mayor skips St. Pat's parade amid tension over gays

Parade organizers.

They've said gay groups are not prohibited from marching, but can't carry signs



New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have

allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets,

including on-air presence, parade participation and any promotional materials that

weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves

Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

THE ASSOCIATED PRESS

Lethal fumes. Three dead in suspected carbon monoxide poisoning

Three family members are dead of suspected carbon monoxide poisoning after police say at least one portable propane heater was used inside a home northwest of Toronto.

Const. Fiona Thivierge of Peel Regional Police says a 60-year-old man, his 59-year-old wife and their 36-year-old son died in hospital after the overnight incident in Brampton, Ont.

Two other men who were also in the home were taken to hospital but are expected to recover from inhalation of fumes.

Thivierge says the couple's 29-year-old son arrived home just before 2 a.m. Monday to find the carbon monoxide detector going off and everyone inside the home unconscious.

She says the home's furnace had broken down the previous day and at least one outside heater had been brought inside to warm the home during the bitterly cold weekend.

Caution

- Police are reminding people not to bring propane heaters into their homes.
- Two people died of carbon monoxide poisoning in Newcastle, Ont., east of Toronto, after trying to keep warm with a gas generator in a garage. In another incident, four Toronto residents were treated in hospital after using a charcoal barbecue indoors.

"All we really know at this point is the furnace ... broke down at some point yesterday. They had these propane heaters at the side of the house and they went and brought them inside to warm the house up," said Thivierge.

The identities of the victims are not being released.

THE CANADIAN PRESS

Trial. Pistorius had a 'great love and enthusiasm' for guns, firearms trainer says

Oscar Pistorius once said he mistook the sound of a washing machine for an intruder and went into "combat mode" in his house, a South African guns expert testified Monday at the athlete's murder trial in Pretoria, South Africa. Months later, Pistorius killed his girlfriend by shooting her through a closed toilet door.

Sean Rens also said the Olympian had a "great love

and enthusiasm" for guns and wanted to buy seven more in 2012, to add to the 9 mm pistol he already owned. He asked Rens, a firearm trainer, to procure them for him under a gun collector's permit.

Pistorius said he killed girlfriend Reeva Steenkamp by accident on Feb. 14, 2013, mistaking her for an intruder in his home. Prosecutors say he killed her intentionally after an argument. **THE ASSOCIATED PRESS**



Oscar Pistorius wipes his eye during crime scene photographs as he sits in the dock in court in Pretoria, South Africa, on Monday. Pistorius is on trial for the murder of his girlfriend Reeva Steenkamp on Valentine's Day 2013.
DANIEL BORN/THE ASSOCIATED PRESS

Diplomatic drama

Iran cancels dinner with EU's foreign policy chief

Iran's Foreign Minister Mohammad Javad Zarif cancelled a planned dinner meeting with the European Union's foreign policy chief Catherine Ashton on Monday over meetings she had with opposition activists during a visit to Iran earlier this month, Semiofficial Fars news agency reported.

THE ASSOCIATED PRESS

Anti-government rallies

Turkish activists charged following 2013 protests

Turkey's state-run news agency says a prosecutor in Istanbul has charged five prominent activists involved in last year's anti-government protests with forming a criminal gang and staging illegal demonstrations.

THE ASSOCIATED PRESS

British Columbia

Water permits for fracking illegal, lawsuit alleges

Environmental advocates say the B.C. government has been illegally granting natural gas companies repeated short-term approvals, allowing them to use large quantities of fresh water for years without obtaining full water licences. The Western Canada Wilderness Committee and the Sierra Club of B.C. are asking a court to throw out the short term approvals granted for water use for fracking.

THE CANADIAN PRESS

Serial killer case

\$50K for children of Pickton's victims

The botched investigation in British Columbia into serial killer Robert Pickton has resulted in a settlement of \$50,000 for each of the victims' children who sued the government and the RCMP. **THE CANADIAN PRESS**

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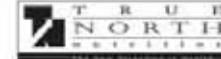
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West hits Russia with sanctions after Crimea vote

Tensions rising.

Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President

Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's

new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovych following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were "massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama. "What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker."

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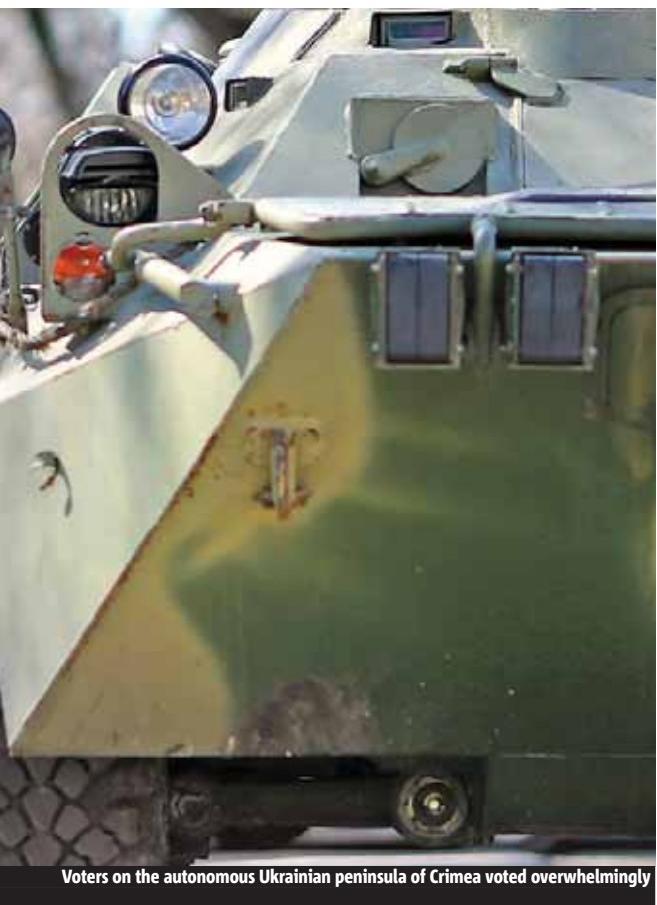
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Voters on the autonomous Ukrainian peninsula of Crimea voted overwhelmingly

The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal Russian military occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

THE CANADIAN PRESS



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CIHR CAFÉ SCIENTIFIQUE
PRESENTS

Science on tap
Quench your interest

Reaching out:

How to improve the health of your adolescents during troubled times

Thursday, March 20, 2014, 5 p.m.

Le Petit Chicago

50 Promenade du Portage, Gatineau
RSVP: cafescientifique@cihr-irsc.gc.ca



This free activity
is hosted by the
Canadian Institutes of
Health Research (CIHR).

Space is limited.

*Presentations will be
in French only.*



It wasn't long ago that you were in a school classroom and living life to the fullest as a youth. But now the roles have changed – you're a parent. Even though today's youths are surrounded by the web and social media, there are some issues that will never change.

Health research demonstrates that overwhelming schoolwork, intimidation, lack of physical activity and sleep, peer pressure, sexuality and drug/alcohol problems still lead to a lot of trouble for youth.

So, as parents, how can you help your adolescents with these problems? How can you find a balance between having rules for their upbringing and allowing their independence? How can you set up a line of communication with them?

Join us for a discussion about the health of our youth. Health researchers will be available to answer your questions through their points of view and their experiences.

Experts

Joanne Otis, PhD

Canada Research Chair in Health Education
Faculty of Education Sciences
Université du Québec à Montréal

Alain Larivière

Host, Planète 97,1
Debout la planète

Catherine Paradis, PhD

Principal Investigator, Éduc'alcool
Coordinator, Quebec Working Group
on Online Gambling

Denis Prud'homme, MD

Associate Vice-President for Research
and Scientific Director
Montfort Hospital Research Institute

Moderator

David Coulombe

Media Specialist

Communications and Public Outreach
Canadian Institutes of Health Research



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Canada

Scientists find Big Bang's 'smoking gun'

'You can see back to the beginning of time.' Expert believes finding is among the greatest discoveries over the last 25 years

The universe was born almost 14 billion years ago, explod-

ing into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about 2 per

cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air to aid in the observations.

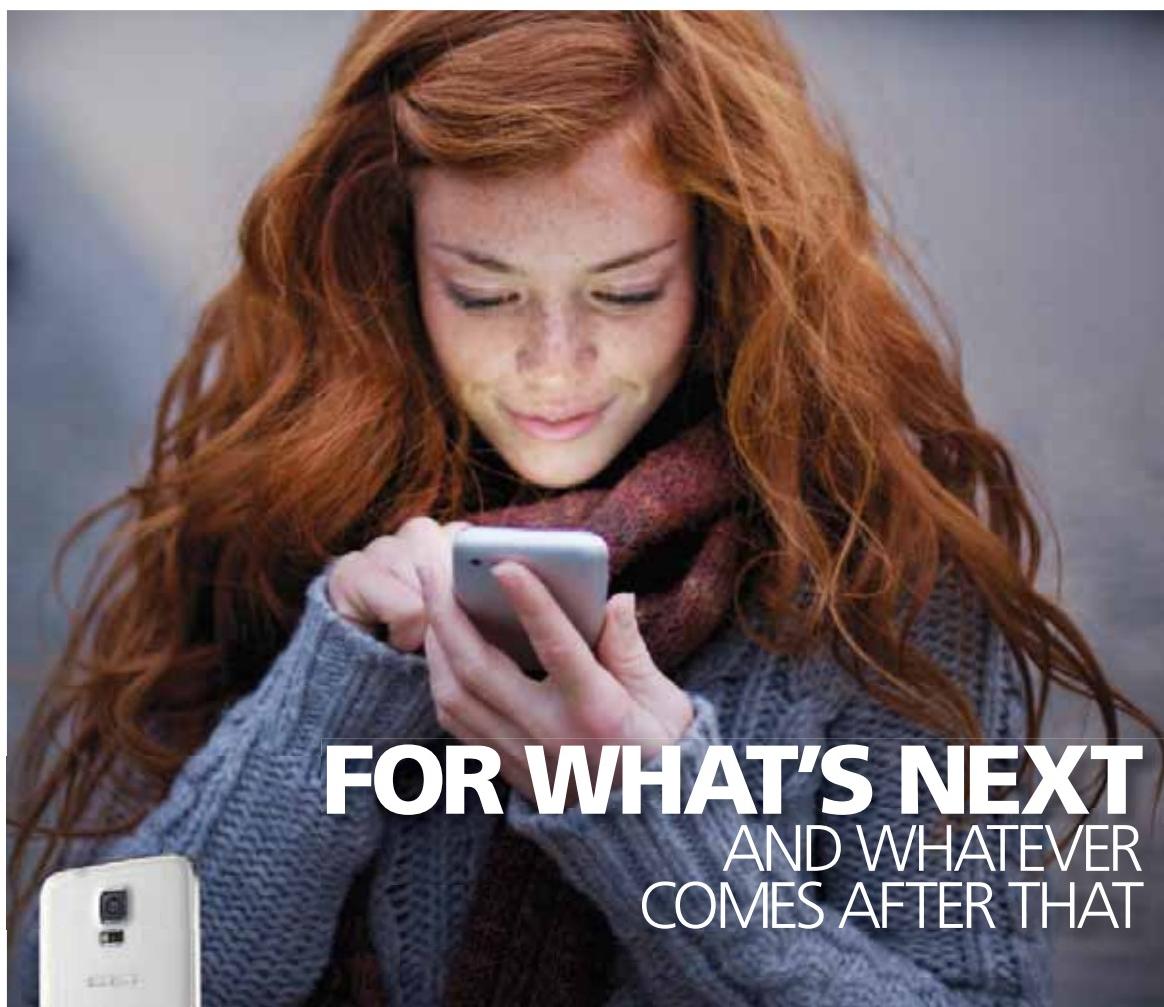
They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Ko-

vac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." **THE ASSOCIATED PRESS**



Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. COURTESY STEFFEN RICHTER/THE ASSOCIATED PRESS



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**Indians celebrate the
spring festival of colours**

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS



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What's up there

Moon mining: The 21st century gold rush

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD
For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, "you would have been laughed out of the room," said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a "mining flavour," said Boucher. Water

appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

"There is a business case now for mining (on the moon) as an economic activity," said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. "Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a

quarter of a million dollars," said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are



Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

"Canada is at a crossroads right now and the next few months will be very telling."

technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

"Those policy and legal issues are going to be as challenging as the engineering," said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:



Rocket fuelling stations

Stations that extract water could split H₂O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.



Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.

Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.



Space hotels

"To me, one of the most iconic images ... is just that image of Earth from the moon," said Osinski. "I think people would probably just pay for that."



You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

He-3

Q&A

Helium power

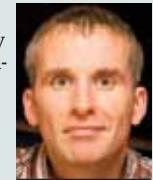
Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

"I think it is a question of when, not if."

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.



Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

Could mining change the way we see the moon from Earth?

BAN 'BOSSY' OR BE THE BOSS?

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down—which brings to mind shrill nagging rather than competent management strategies—has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make



SHE SAYS
Jessica Napier
metronews.ca

a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon—including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding

roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography *Bossypants*—which chronicles her rise to fame in the male-dominated world of

comedy—is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book *Lean In* as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem *Bossy*, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of *30 Rock*, the award-winning sitcom created by and starring Tina (Bossypants) Fey.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Reviving ancient history



AMR NABIL/THE ASSOCIATED PRESS

Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on

Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS



A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIeld
andrew.fifield@metronews.ca



George Harrison
GETTY IMAGES

In glorious news for Beatles nuts and guitar wonks, the excellent *Guitar Collection: George Harrison* has dropped from its initial price of \$10 to a virtually free tag of \$0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced—and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.

Twitter



@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Nymphomaniac exposes surprising side of Slater

Revealing role.

Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE

Metro World News in New York

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie *Nymphomaniac*. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgård). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his *Dancer in the Dark* and Nicole Kidman running away from the sequel to *Dogville*, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that



Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by

the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his *Nymphomaniac* performance is kind of a new big break. He first came to attention in films like *Heathers*, *Pump Up the Volume* and *Young Guns II*, usually playing smirking wiseacres who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and

endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his *Nymphomaniac* turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

DVD review



American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flamers on either side of the law, all comporting themselves as if they wandered off the set of Saturday Night Fever.

Extras include deleted and extended scenes and a making-of featurette.

Saving Mr. Banks

Director. John Lee Hancock

Stars. Tom Hanks, Emma Thompson

When the story sticks to the 1961 mouse-and-cat game between Walt Disney (Tom Hanks), seeking film rights from reluctant Mary Poppins author P. L. Travers (Emma Thompson), well, it's a jolly holiday with Mary. The smile curdles through frequent and tiresome strolls down the rocky memory lane of Travers' impoverished Australian childhood and the constant flashbacks make for a whole other movie, a drearier one.

The DVD offers a bonus not available in theatres: You can fast-forward through the dull melodrama, and give thanks that the sugar in the rest of the film is doled out by the spoonful, not the shovelful. **PETER HOWELL**

Keeping it sweet while the rest of the cast gets naughty

"What was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl." Christian Slater

Lovato has the stomach to take on Gaga fans after pukey SXSW performance



Lady Gaga ALL PHOTOS GETTY IMAGES

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamourizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defense, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone had to come forward and say it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."

New bride Guthrie has a baby on the way too

Savannah Guthrie, the Today co-anchor, got married this weekend and broke the news that she is also four months pregnant. She and her new husband Michael Feldman announced the big news to guests at their Arizona wedding on Saturday but asked their friends and family to keep the news quiet. When Guthrie was back at work on Monday morning (not much of a honeymoon, was it?) Today played a clip of their wedding and the happy pregnancy news. "We are four months pregnant," Guthrie announced to excited guests in the clip. Back on air, Guthrie shared her happiness with viewers. "I'm so happy to tell the world because I can't suck in this gut anymore."



Wayne Knight

Good Knight, sweet prince ... No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but ...

I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

Three is the magic number for Affleck and Garner

Ben Affleck may have previously hinted that a fourth kid could be in the cards, but Jennifer Garner has effectively put a stop to such talk, according to Radar Online.

"Jennifer told her pal that the difference between having two kids and three is 'massive,' and said (two-year-old son) Sam would complete their family. In fact, Jen admits she and Ben had only planned on having two children, and Sam was a wonderful but genuinely true accident," a source says. "They love their kids, but she's really had her hands full with these three since



Ben Affleck

Sam was born in 2012 and while things are starting to settle down, it's been pretty exhausting, especially with Ben being so busy."

Twitter



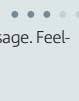
@MarkDuplass

I have been up for 2 hours and I remember maybe 6-7 minutes of it.



@ParisHilton

Just had an amazing 2 hour deep tissue massage. Feeling happy & relaxed. Loves it



@ChloeGMoretz

flipping through channels then i see "Why Planes Crash" who would ever watch that?!



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting serious about getting mar-

ried, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.



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Fish oils on the brain



Supplements. Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved

in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the phar-

macy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and re-

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Happy Camping
(iPad, iPhone;
\$0.99)



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.



Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

search about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

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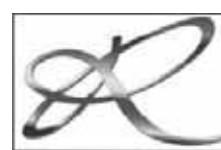
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This week:

Special Considerations for Pregnant Women



Muscle your way past 'girly thoughts'

Book. Author claims some ways of thinking disrupt a woman's ability to access her personal power, setting the stage for her to feel victimized by others

KIM SCHNEIDERMAN
Metro World News in New York City

Despite the enormous strides women have made in the workforce and politics, it appears that many of us are still plagued by our little kitten voices that wish we were thinner, younger and prettier.

According to psychologist Dr. Patricia O'Gorman, these so-called "girly thoughts" disrupt a woman's ability to access her personal power, setting the stage for her to feel victimized by others.

Such is the basis of O'Gorman's book, *Out Your Girly Thoughts and Embrace Your Strength*, which comes

out in April.

What inspired you to write the book?

I wanted to create a term to help women get their heads around what they do to themselves that robs them of power. "Girly thoughts" best described all this energy that goes into how we look and how we act. It's how we respond to idealized messages about how to be a good girl; the notion of 'she's pretty, she's quiet and she doesn't make anybody uncomfortable.' It's something so subtle that we all do it everyday without thinking about it. My goal is to raise this to a level of visibility so we can see what we are doing to ourselves.

What are some examples of girly thoughts and how do they affect us?

'My husband had an affair because I'm too fat.' Or 'I'm too aggressive at work and that's why nobody likes me.' When I give talks, I inevitably have women come up to me telling how they were



Just like building muscles, moving beyond girly thoughts takes work. iSTOCK

late for meetings because they had to do their hair. Men don't struggle with this kind of thinking, but it diminishes our power, confidence and skills.

Where do girly thoughts

come from?

They come from a number of sources. From our mothers, who teach us to be safe. The media also plays a huge role, especially now with social media. We are so concerned with our image

and compare ourselves to photos of women that have all been photo-shopped so we don't even see how they really look. The level of perfection and photo-shopping is oppressive to the average woman.

How much of girly thoughts are related to appearance?

A lot, but we also have thoughts about being smart and assertive. A woman will worry about appearing too smart. It's that kind of pulling back that stops us from embracing our power.

Is it strange to think this is still happening so many years after women's liberation?

It's still very insidious. Women continue to be vulnerable around power, unlike men, who are vulnerable about being vulnerable.

What does resilience have to do with girly thoughts?

We tend to take our resilience for granted. We don't walk around thinking we're strong, and acknowledge our ability to cultivate relationships, which makes us resilient. If you walk around thinking you have skills, you walk around with confidence rather than thinking that your hair doesn't look good.

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Prevention and precision

LINDA
CLARKE

Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old “one pill fits all” application.

“Precision medicine is the buzzword,” says Dr. Rona Yaeger, a colorectal cancer researcher for the American Can-

cer Society. “Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types.”

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

“We’re now understanding that we’ve been over-treating and we don’t always need all that chemotherapy and radiation,” explains Yaeger. “Radia-

tion, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility.”

Generally, colorectal cancer is thought of as an older person’s disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

“So far, the evidence is observational, but that’s what we’re seeing,” she says. “The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do

not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it’s beyond a polyp.”

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You’ve heard them before: a healthy (high-fibre) diet, and regular exercise.



A high-fibre diet and exercise help slash the risk of colorectal cancer. iSTOCK



Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that's the bottom line

Colon Cancer Awareness Month.
Metro’s movie critic shares his own story — and a vital message



RICHARD CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

“Michael Bay is directing a remake of Casablanca” and, “it’s not you, it’s me” appear on the scroll of things that hurt my ears.

Top of the list, however, is, “We’ve found a tumor.”

In mid-2013, I had a colonoscopy, a procedure so routine I thought I’d be in and out and on my way to my favourite sandwich shop by lunch. I’m a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, “I’m sorry,” before walking away, didn’t do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly

skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, “Screw you, cancer. You’re not making the rules, I am.” Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I’m through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won’t miss feeling like I’m living in someone else’s body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I’m confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it’s not my message.

I waited until after my treatment for my cancer coming out party because I didn’t want pity. I didn’t want to be viewed differently. I just want you to

Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

Down south meets south of border: Mac & Cheese Fajitas

THERESA ALBERT
myfriendinfood.com

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

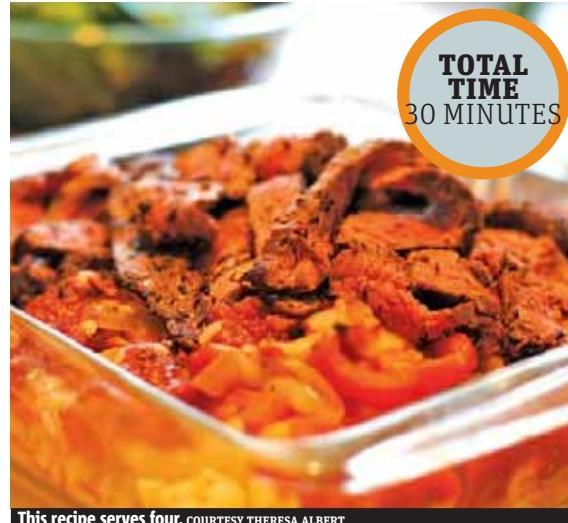
1. Place steak on counter to bring to room temperature.

2. Bring pot of water to a boil, add a pinch of salt for pasta.

3. Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set



This recipe serves four. COURTESY THERESA ALBERT

aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

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onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

Health Solutions

Have your steak and eat it, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

- Use double the beans and half the meat in your chili recipe.

- Add ground oats and cooked spinach to burgers and meat loaves.

- Choose grass-fed beef or bison. They are leaner.

- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Beef up your mole

1. Heat the oven to 350 F.

2. Spread butter over cut sides of both halves of the baguettes. Set the baguettes cut side up in the oven to warm.

3. Meanwhile, heat the oil in a medium saucepan over medium-high. Add the beef and sear for 2 to 3 minutes per side. Set aside off the heat.

4. In a blender combine the almond butter, tomatoes, garlic, shallot, cocoa powder, cinnamon, black pepper, pepper flakes, cloves and water. Purée until smooth, then add to the beef. Bring the beef and sauce to a simmer over medium heat. Cook, uncovered and stirring occasionally, for 10 minutes.



This recipe serves three. MATTHEW MEAD/THE ASSOCIATED PRESS

5. Season the beef with salt and hot sauce, then divide it between serving plates. Top with scallions. Accompany with the warmed baguette.

THE ASSOCIATED PRESS

Ingredients

- 12-inch baguette, halved lengthwise
- 4 tbsp (1/2 stick) butter, softened
- 1 tbsp olive oil
- 3/4 lb beef sirloin tips, cut into 1-inch chunks
- 1/4 cup almond butter

- 1/4 cup canned crushed tomatoes
- 2 cloves garlic
- 1/2 shallot
- 1 tsp cocoa powder
- 1/4 tsp each cinnamon, ground black pepper, red pepper flakes
- Pinch ground cloves
- 1/2 cup water
- Salt
- Hot sauce, to taste
- 1 scallion, white and green parts, chopped

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4 SPORTS



The Canadiens' David Desharnais forces overtime with a last-second regulation goal against the Senators on Saturday night in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

It's hard not to play the Sens' blame game



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

After a pair of weekend losses it appears the Ottawa Senators are on the verge of missing the playoffs for the first time under coach Paul MacLean's watch. Needing a small miracle of winning at least 11 of their remaining 15 games, with no guarantee that will be enough to earn playoff entry, the Senators have no one to blame but themselves.

There are several factors contributing to their downturn.

Poor starts — That's an understatement. The Senators' opponents have scored first in 39 of 67 games. Playing from behind on most nights has to be taxing on the club, but the astonishing fact is the Senators have trailed 2-0 on 29 occasions.

Stay out of the box — While every hockey coach preaches to their team to stay out of the penalty box, that message appears lost on the Senators. With 306 minors this season, the club ranks No. 1 league wide. By contrast, the Senators' opponents have been shorthanded 223 times — having your penalty killing unit on the ice an average of 1.25 times more than the op-

position on a per game basis is a recipe for disaster.

Reversal of fortunes — Every season an organization can look at individual games or segments where playoff opportunities were dashed. And this campaign is no different for the Senators. From Dec. 28 until the Olympic break, the team reeled off an impressive 11-4 record. However, an inexplicable 7-2 loss in Boston the day prior to the break left more questions than answers.

The players seemed detached, looking forward to their sunny destinations rather than playing a hockey game. A frustrated MacLean said "they didn't play hard enough."

Since that emotionless effort, the Senators are 2-4. This eight-game segment includes some of their worst losses this season; a 6-1 defeat at the hands of a supposedly tired Red Wings team playing in Ottawa on the second night of back-to-back games fresh out the break; going zero for Alberta, and of course, Saturday's meltdown at the Bell Centre.

"Not playing hard enough" appears to be the common excuse of late. If this is the case, why did it take 60-plus games to come to the forefront? Where does the blame lie? Is it on the coaches or players? My guess it's a bit of both. And that's a whole other column.

Leiper at home in Canadian baseball world



Blue Jays first base coach Tim Leiper
NEIL DAVIDSON/THE CANADIAN PRESS

Blue Jays first base coach Tim Leiper calls Arizona home these days but should qualify for honorary Canadian citizenship given his ties north of the border.

Thanks to a past stint in Ottawa with the minor-league Lynx, Leiper is a valued member of Baseball Canada. And the appreciation goes both ways.

"This is the absolute best thing I've ever done," said Leiper. "They are the greatest people. (Head coach and director of national teams) Greg

Joining the Jays

Tim Leiper joined the Jays' coaching staff in the off-season after spending the past year as a special assistant to player development in the Toronto system.

Hamilton, (president) Ray Carter, (director general) Jim Baba. The guys that run the program, they're the nicest people in the world. And we've kind of like become

family."

It started after Leiper became hitting coach of the triple-A Ottawa Lynx of the International League in 1999, eventually moving up to manager. There he became friends with Hamilton and, one day in 2003, he asked the Baseball Canada man if he ever needed help with the program.

"I didn't think I could do it because I was from the States," said Leiper. "He said he never asked me because he didn't think I wanted to

do it. That's kind of how it started."

They joined forces for Olympic qualifying in Panama later that year. Leiper, 47, has gone on to serve as a coach on the 2004 Canadian Olympic team as well as Canada's 2006 and 2009 World Baseball Classic squads.

He was also part of the Baseball Canada staff that won bronze medals at both the 2008 and 2011 Baseball World Cups and the gold medal at the 2011 Pan-American Games. THE CANADIAN PRESS

Curling

Homan dominates U.S. and Denmark at worlds

Canada's Rachel Homan downed Allison Pottinger of the United States 9-3 at the Ford Women's World Curling Championship on Monday in a game that lasted just six ends.

It was Canada's second quick win of the day after downing Denmark's Madeleine Dupont 8-4 in eight ends.

Homan and her Ottawa Curling Club team improved to 4-1.

Canada takes on Latvia and Scotland on Tuesday.

THE CANADIAN PRESS

Suspected DWI

Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

THE ASSOCIATED PRESS

NHL

Roy returns to Montreal as coach

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great expected a warm reception from the fans when his team played the Habs on Tuesday night at the Bell Centre. THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

Taurus

April 21 - May 21

Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

Gemini

May 22 - June 21

If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

Cancer

June 22 - July 23

Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

Leo

July 24 - Aug. 23

Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

Virgo

Aug. 24 - Sept. 23

No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

Scorpio

Oct. 24 - Nov. 22

According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

Sagittarius

Nov. 23 - Dec. 21

If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

Capricorn

Dec. 22 - Jan. 20

At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

Aquarius

Jan. 21 - Feb. 19

Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

Pisces

Feb. 20 - March 20

If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Today



-2° / -8°
Mainly sunny

Wednesday

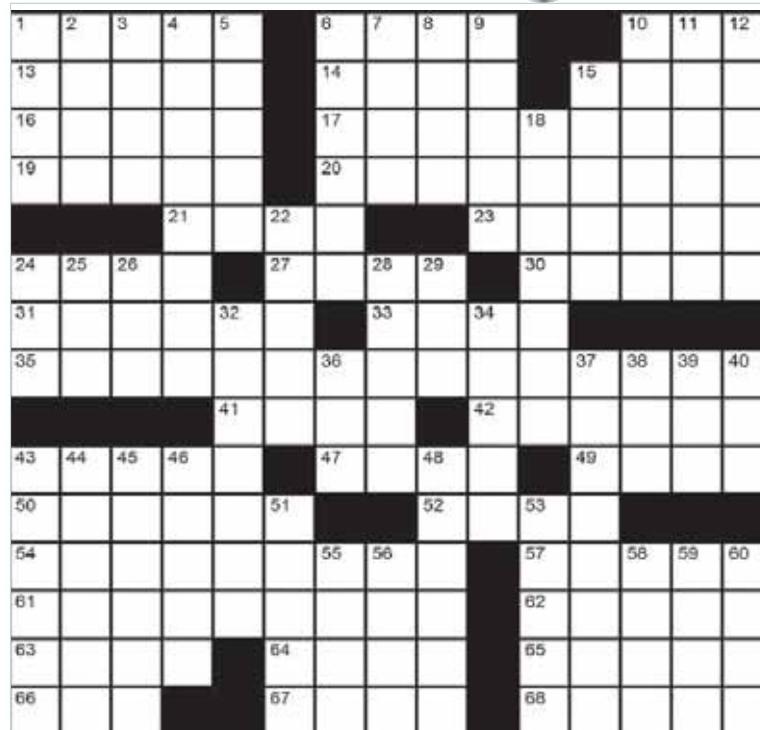


3° / -3°
Wet flurries
60%

Crossword: Canada Across and Down

Across

1. Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. 6:00am
15. Bona
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "____ Show"
23. Loyal about: 2 wds.
24. B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show #17-Across is: 2 wds.
41. Stroll
42. Excused from Marx Brothers, just one
47. Indigo
49. Rage (Performance enhancers-user's anger)
50. "Sources told me



that...": 2 wds.

52. Drug deal buster,

for short

54. North Atlantic

overfishing depletes

them: 2 wds.

57. Surpass

61. Ruthless

62. Pendragon

(King Arthur's father)

63. Some, in French:

Quelques—

64. Comic actor Eric

65. Upside-down-

triangle sign

66. Celeb couple's

caught-by-paps mo-

ment

67. Ooze

68. Sir Coward's

Down

1. Stealing birds
2. A Letter for ___ (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created

'dessert': 2 wds.

7. Bright fish

8. Old ___ (Clothing chain)

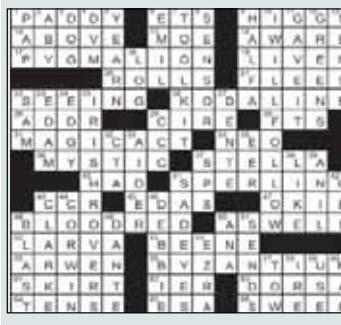
9. "This is ___, this is only..."

10. Water ___ (Flowers in Monet paintings)

11. "___ Fideles"

12. '60s series, "

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 8 | 6 | 4 | 5 | 9 | 7 | 2 |
| 2 | 9 | 4 | 3 | 7 | 8 | 1 | 6 | 5 |
| 5 | 7 | 6 | 2 | 1 | 9 | 8 | 3 | 4 |
| 6 | 5 | 2 | 1 | 8 | 3 | 7 | 4 | 9 |
| 9 | 3 | 7 | 5 | 2 | 4 | 6 | 8 | 1 |
| 4 | 8 | 1 | 7 | 9 | 6 | 5 | 2 | 3 |
| 1 | 4 | 9 | 8 | 6 | 2 | 3 | 5 | 7 |
| 7 | 6 | 3 | 4 | 5 | 1 | 2 | 8 | 8 |
| 8 | 2 | 5 | 9 | 3 | 7 | 4 | 1 | 6 |

| | | | | |
|---|---|---|---|---|
| 4 | 2 | | | 6 |
| | | 5 | 2 | 3 |
| 7 | | | 9 | 5 |
| | 5 | 4 | 8 | 3 |
| 3 | | 7 | | 8 |
| 9 | 6 | 3 | 7 | |
| 3 | | 2 | | 9 |
| 8 | | 9 | 1 | |
| | 9 | | 8 | 6 |

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